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FREE QUIT SESSIONS TO HELP YOU LEAVE TOBACCO BEHIND

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Your money or your health: Choose to make the most of both. Improve your finances and your well-being by leaving tobacco behind. Free *Quit Your Way* tools can make the difference.

In February, attend an in-person session at one of two Florida Department of Health in Pinellas County (DOH-Pinellas) locations to begin your quit campaign. The Tobacco Free Florida Group Quit sessions are open to the public and presented by the Gulfcoast North

Area Health Education Center (GNAHEC).

A two-hour session at DOH-Pinellas' St. Petersburg center, 205 Dr. Martin Luther King Jr. St. N., is scheduled from **10 a.m. to noon on Wednesday, Feb. 5**. Another session will be held at DOH-Pinellas' Mid-County center, 8751 Ulmerton Rd., Largo, from **1-3 p.m. on Tuesday, Feb. 25** to help you quit.

Tobacco Free Florida offers two-hour locations at other sites in Pinellas each month. Call (813) 929-1000 or email info@gnahec.org for information.

In addition to the group sessions, those who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate). The sessions provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The programs cover all forms of tobacco.

Each month, the same classes are held at other locations in Pinellas County. Registration is required for all programs.

For more Tobacco Free Florida resources, go to www.tobaccofreeflorida.com/quityourway.

For more information about GNAHEC, go to www.ahectobacco.com.

For more information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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